

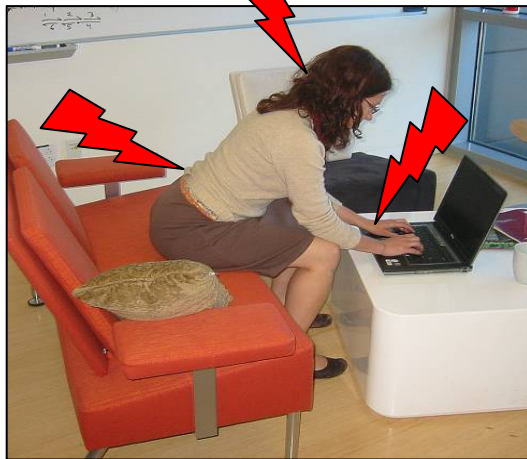


# Getting Along with Your Laptop ... at home



*A laptop allows you use it in myriad settings, i.e., floor, couch, bed, or coffee table. Unfortunately, this portability also exposes you to myriad posture problems!*

Before. . .



Forward bent trunk and head and awkward arm and wrist postures at laptop that's too low/too far



. . . After



Use a firm cushion on your lap to raise the laptop, and pillows to support your arms

For more information, contact the Ergo team x5818 or [ergo@lbl.gov](mailto:ergo@lbl.gov)